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Maple moola mystery? Nope

Central bank says there is no scratch 'n' sniff secret to the new polymer bills after dozens of inquiries

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NO CRACK IN T.O. MAYOR'S ARMOUR

DESPITE DRUG ALLEGATIONS SWARMING AROUND HIM AND HIS FAMILY, ROB FORD VOWS TO SEEK RE-ELECTION

PAGE 6


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DR. SIMI SOIN, GENERAL DENTIST



Local man Bernard Langille — who participated for the first time in 13 years — crosses the Coronation Triathlon finish line with a smile. PATRICK NGUYEN/FOR METRO

Triathlon tests limits of first- timers, veterans

Swim, cycle, run.

29th annual Subway Coronation Triathlon's field of nearly 400 total participants included 85 rookies

PATRICK
NGUYEN
edmonton@metronews.ca

When Chris Ward, an Edmonton man in his late 40s, crossed the finished line at the 29th annual Subway Coronation Triathlon on Sunday, he followed through with a big promise he made to his family and to himself.

Ward was one of the 85 first-timers at the endurance event, which fielded nearly 400 total participants.

"I made a commitment to

my family to do a triathlon before I was 50. I just made it," Ward said with a laugh. "It's a wonderful experience."

The triathlon had participants swim for one kilometre, cycle for 26 kilometres and run for eight.

"For me, the swim was tough. The cycle was really enjoyable, I loved that. The run was all mental," Ward said of his first experience.

While incredibly grueling, the race is very rewarding, says participant Bernard Langille.

"It's getting even better. I'm 44 now, I feel like I'm 25. It's just awesome," said Langille, who, while having already participated in the Coronation five times, is back for the first time in 13 years. "It's not so much whether I win, it's just good to be in a competitive en-

vironment and to feel like you're part of the game."

Race director Stephen Bourdeau attributes the race's popularity to the assistance from the City of Edmonton, which hosted the event.

"It's been around for so long. It's fairly well run and it's completely closed. With heavy support from the city, people feel really confident and comfortable in the race," he said.

With his first triathlon behind him, Ward is promising to run another soon, this time at a different event.

"I will come back to run another triathlon, but it's always good to experience different ones," he said.

The event had over 100 volunteers and it closed off city roads to ensure a safe track for the racers.

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U of Alberta study

Hands-free devices still distract drivers

New research from the University of Alberta shows hands-free devices are still a distraction when people are behind the wheel.

The research revealed that people made more mistakes — like crossing the centre line, speeding and forgetting to signal — when talking on a hands free device.

“It is commonplace knowledge, but for some reason it is not getting into the public conscience,” said Mayank Rehani, who completed the research for his master’s thesis.

The study also looked at brain activity and heart rates, which showed medically the distracted drivers brains were pulled between driving and talking. **METRO**

Rollover near Lamont

Local man, 25, dead after crash

A 25-year-old Edmonton man is dead following a rollover near Lamont early Saturday morning.

Emergency workers were called out to the scene just after 5 a.m. on Highway 15, less than a kilometre from Highway 831.

Police believe the driver swerved into one ditch, pulled himself out and then crossed the highway before entering the opposite ditch, rolling and hitting a parked combine.

The driver was travelling along and was pronounced dead at the scene, anyone who witnessed the crash is asked to call the Fort Saskatchewan RCMP detachment at 780-992-6100. **METRO**



An Edmonton police forensic officer works in the alleyway near Whyte Avenue where a shooting took place early Sunday morning. RYAN TUMILTY/METRO

Two wounded in Sunday shooting

Shots rang out around 1:45 a.m. Two men were sent to hospital, one in serious condition, as police ask for witnesses to come forward



RYAN TUMILTY
ryan.tumilty@metronews.ca

Two men were sent to hospital and one remained there Sunday in serious condition, after an early morning shooting Sunday, just steps off Whyte Avenue.

Police received multiple

calls of gunshots around 1:45 a.m. Sunday and responded to an alley just south of Whyte Ave between 104 Street and 103 Street.

Staff Sgt. Steven Chwok said police were on scene quickly as many people called in the shots to 911.

“There were multiple reports of gunshots from several people, upon arrival the two injured parties had already departed the scene,” he said.

On Sunday morning, forensic unit officers were still on scene in the alley collecting evidence. As of Sunday afternoon, Chwok said one of the men had been released from hospital, but the other man’s injuries were more serious.

“His status has not changed. He is in serious but stable condition,” he said Sunday.

Chwok said the investigation was still in the early stages and they did not know if gangs or drugs were involved, but he stressed they did not believe there was a broader danger to the public.

“It’s certainly a concern, but I think what’s important for Edmontonians to know is that Whyte Avenue is still a safe place to go, I don’t believe this is a random act.”

Chwok said with all the people in the area they had already interviewed several witnesses and there were several other areas they could look at in the investigation.

Witnesses needed

Police are asking anyone who may have witnessed the incident to contact them at either 780-423-4567 or #377 from a mobile phone.

- Witnesses who wish to remain anonymous can call Crime Stoppers at 1-800-222-8477.

“In that particular area there is a lot of security video,” he said. “We are very optimistic that we are going to find something out in the near future.”

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1 NEWS

Mandel sees fiscal challenges ahead

Interview. Edmonton's costs are rising \$80 million to \$90 million a year, mayor says



RYAN TUMILTY
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As Edmonton's current mayor prepares to step off the stage, he says his successor's biggest challenge will be the city's bottom line.

In a wide-ranging interview with Metro after his retirement announcement, Mayor Stephen Mandel said he believes the next mayor will face fiscal challenges as Edmonton continues to grow

faster than its revenues.

"We have to find ways to deal with some of the ever-increasing costs of operating this city," he said.

Mandel cited rising city wages as one area putting a strain on the budget.

"Our costs go up about \$80 to \$90 million a year and two-thirds of it is wages," he said. "That's the biggest challenge

we face. It's not building an arena or building an arts centre."

Mandel said the next mayor will also have to address the costs the city faces as the centre of the region, from public transit to infrastructure and affordable housing.

"Edmonton bears an inordinate amount of the costs for the region," he said.

Mandel said the Capital Region Board hasn't addressed those issues and that other municipalities in the region are only interested in co-operation up to a point.

"They are always amenable on things that they don't need to put money into, but ask them to put money into it and look out."

He said change on that front is going to require action from the province.

"That is where I think the next mayor has to push quite a bit and I don't know if the province is going to listen or not."

He said he doesn't believe there is a need for new taxes or new powers, just an acknowledgement of the costs the city bears.

"I think there is enough tax dollars out there, they just need to be spread better and more equally," he said.

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Mayor Stephen Mandel says his successor will face fiscal challenges as Edmonton tries to keep up with the growing costs of running the city.

METRO FILE

Policy. Redford defends plan for more direct PC party input in government

Premier Alison Redford says her plan to get Progressive Conservative party members more directly involved in crafting government policy doesn't mean other Albertans will be denied their say.

"I think all Albertans should have a say in government policy," Redford told reporters Saturday when asked about the issue at her party's policy conference at an Edmonton hotel.

"That's why we've put in place legislative committees (and) we ensure that our ministers and our members are accessible to the public wherever possible."

Redford made the comments a day after she announced to delegates the creation of new policy advisory committees made up of Progressive Conservative members.

The committees, known as PACs, will speak directly and deliver suggestions to government politicians on policy. They are expected to be up and running by the fall.

"With policy advisory committees, our grassroots will have an unprecedented



Premier Alison Redford has announced plans to give party members a formal voice to help shape government policy.

THE CANADIAN PRESS

opportunity to help define where we're going as a province," Redford told delegates to applause in her keynote speech Friday night.

"Our members will help craft decisions that will lead to new policies and actions that will benefit every Albertan."

THE CANADIAN PRESS



U.S. President Barack Obama is greeted as he tours a tornado-affected area Sunday in Moore, Okla. Obama was in the Oklahoma City area to survey damage from last week's tornado and to meet with victims and first responders.

MANDEL NGAN/GETTY IMAGES

Obama consoles tornado victims

Oklahoma. President offers federal support in rebuilding efforts

U.S. President Barack Obama flew to tornado-ravaged Oklahoma Sunday, offering moral and monetary support to people still reeling from lost lives and shattered neighbourhoods. He told survivors, "You've got folks behind you" across America.

Standing with Oklahoma Gov. Mary Fallin and other state and federal officials

amid the devastation wrought by the monstrous tornado, Obama said, "A picture's worth a thousand words." He said the rebuilding job will be enormous and "we're going to be with you all the way."

"Our hearts go out to you," Obama said, noting the loss of life and some 1,200 homes. He urged the American people to pitch in and help, saying that in instances such as this, the president serves as a "messenger" for all citizens, bringing words of condolence, promises of government assistance and pleas for private contributions.

Twenty-four people, including 10 children, died when the tornado hit last Monday.

The extraordinarily powerful twister was known as an EF5 — the top of the scale used to measure tornado strength.

Obama rode past fields strewn with scattered debris. His first stop was the demolished site of the Plaza Towers Elementary School, where seven students were killed when the tornado turned the building into a heap of bricks, broken concrete and twisted metal. **THE ASSOCIATED PRESS**

Britain. Killing suspect arrested in 2010 in Kenya

A suspect in the savage killing of a British soldier on a London street was arrested in Kenya in 2010 near the East African country's border with Somalia, an anti-terrorism police official said Sunday.

Michael Adebolajo was believed to have been preparing to train and fight with the al-Qaida-linked Somali militant group al-Shabab in 2010 when he was arrested with five others, Kenya's anti-terrorism police unit head Boniface Mwaniki said.

Mwaniki said that the suspect was then deported. However, Kenya's government spokesman said he was arrested under a different name and handed to U.K. authorities.

"Kenya's government ar-

rested Michael Olemendis Ndemolajo. We handed him to British security agents in Kenya and he seems to have found his way to London and mutated to Michael Adebolajo," spokesman Muthui Kariuki said. "The Kenyan government cannot be held responsible for what happened to him after we handed him to British authorities."

British soldier Lee Rigby, 25, was run over and stabbed in the Woolwich area in southeast London on Wednesday afternoon.

Adebolajo, 28, and Michael Adebowale, 22, are suspected in the killing and remained under armed guard in separate London hospitals after police shot them at the scene. **THE ASSOCIATED PRESS**

France

Cops hunt for man who stabbed soldier in throat

French anti-terrorism investigators were combing surveillance tapes Sunday as they continued their manhunt for a suspect who stabbed a soldier in the throat in the commercial district of La Defence outside Paris.

The 23-year-old soldier, Cedric Cordier, was patrolling the busy underground corridors beneath the famous Arch of La Defence.

Saturday's stabbing came days after a British soldier was hacked to death in an attack that raised fears of copycat strikes. However, there was no confirmation of any link between the two attacks. **THE ASSOCIATED PRESS**

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Ford brothers add a little smack talk to crack talk

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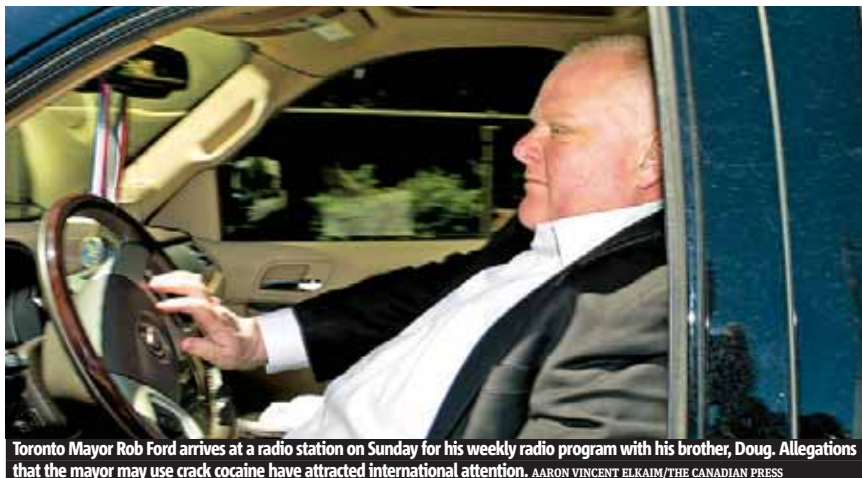
Toronto mayor and councillor use radio show to bash accusers

The embattled mayor of Toronto took control of the narrative surrounding allegations of crack-cocaine use, vowing Sunday not to let media "maggots" interfere with his mayoralty.

Rob Ford used his weekly radio show to decry his critics, tout his own political record and confirm his intention to seek re-election.

He even lamented the loss of his volunteer high school football-coaching job, a development his brother, who joined him on the airwaves, suggested may have been influenced by higher political forces.

Ford's confidence was a departure from the evasion seen ever since reports of a video that allegedly shows him smoking what may be crack cocaine.



Toronto Mayor Rob Ford arrives at a radio station on Sunday for his weekly radio program with his brother, Doug. Allegations that the mayor may use crack cocaine have attracted international attention. AARON VINCENT ELKAIM/THE CANADIAN PRESS

"No matter what you say ... to the media, you're never going to make them happy," Rob Ford said on NewsTalk1010.

Ford — who has faced calls to step down in recent days — added he plans to start campaigning for the next municipal

election as soon as possible.

The mayor's brother, Coun. Doug Ford, found himself under scrutiny as well after a Globe and Mail article on Saturday claimed he dealt hashish for several years in the '80s — allegations he has denied.

"I never start a fight, but when someone ... tries to attack your credibility, your character, try to go after your family's character ... I go swinging back," he said. "Journalism in my opinion has sunk to an all time low." THE CANADIAN PRESS

Espionage. CSIS kept quiet on spy to save own secrets

Canada's spy agency watched a navy officer pass top secret information to Russia for months without briefing the RCMP — a previously unknown operation that raises questions about whether Jeffrey Delisle could have been arrested sooner.

The Canadian Press has learned that the FBI alerted the Canadian Security Intelligence Service (CSIS) to Delisle's illicit dealings with Moscow well before the Mounties took on the file in December 2011.

CSIS ultimately decided

not to transfer its thick Delisle dossier to the RCMP. The spy agency, acting on legal advice, opted to keep its investigation sealed for fear of exposing a trove of Canadian and U.S. secrets of the intelligence trade in open court proceedings.

In a bizarre twist, it fell to the FBI — not CSIS — to send a letter to the RCMP spelling out how a Canadian was pilfering information, including highly classified U.S. material.

The RCMP had to start its own investigation almost from scratch. THE CANADIAN PRESS

Senate expense scandal

Ex-Mountie fears Tory control

A former RCMP superintendent says he's never seen the degree of political control over the Mounties that exists now, and says it "does not bode well" for a police investigation of the Senate expense scandal.

Garry Clement, a 30-year veteran of the force,

told CTV on Sunday that he knows the investigating officer involved in the Senate case has the "utmost credibility."

However, he also called out Public Safety Minister Vic Toews, saying, "Let's be honest, the direction that Mr. Toews as a minister, everything's got to go through him, in my mind does not bode well for objectivity."

THE CANADIAN PRESS

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Myth of the maple moola: Dozens ask BoC if bills have syrup scent

Scratch 'n' sniff secret?

Correspondence shows Canadians contacted central bank to inquire whether polymer notes have a whiff of érable

The penny may be history, but some Canadians suspect the Bank of Canada has been circulating a new scent along with its plastic bank notes.

Dozens of people who contacted the bank in the months after the polymer notes first appeared asked about a secret scratch-and-sniff patch that apparently smells like maple syrup.

"I would like to know ... once and for all if these bills are in fact scented, as I do detect a hint of maple when smelling the bill," says a typical email from a perplexed citizen.

Said another: "They all have a scent which I'd say smells



Good enough to eat with pancakes? Finance Minister Jim Flaherty holds a new polymer \$100 bill in this 2011 file photo. Rumours about maple-scented bills began soon after the \$100 note, which was the first of the plastic banknotes to be introduced, began circulating in late 2011. Now, correspondence shows many Canadians have gone to the trouble of contacting the Bank of Canada to ask if the rumours are true. THE CANADIAN PRESS FILE

like maple? Please advise if this is normal?"

Under the Access to Information Act, The Canadian Press obtained a year's worth of correspondence to the Bank of Canada from ordinary

Canadians about the new currency. Names were withheld to protect privacy. For the record, bank official Jeremy Harrison says no scent has been added to any of the new bank notes. The maple mystery was

born soon after the first polymer note — the \$100 bill — was released in November 2011, and has persisted in cyberspace on YouTube videos, blogs and tweets.

THE CANADIAN PRESS

Folks who need hobbies

Help! My money lost its smell

A few people were so convinced about the fragrant funds that they actually complained to bank officials that some of their new plastic notes were odour-free. "The note ... lost its maple smell," said one writer. "I strongly suggest the Bank increases the strength of the ... maple smell."

Another cited an alleged scratch-and-sniff area on the new \$100 bank note: "I could smell the scent once but not all the time. ... I bet a couple friends and cannot find proof, is it just me?"

Jerusalem

Israeli electric car company goes to a Better Place

Israel's trailblazing electric car company Better Place says it has reached the end of the road. The company announced Sunday it was filing for liquidation, marking a stunning end to an ambitious plan aimed at revolutionizing the auto industry by reducing the world's dependency on oil. Perhaps Israel's best known clean-tech firm, Better Place was developing a nationwide network of charging and battery-swapping stations. THE ASSOCIATED PRESS

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MIGHT AS WELL VOTE PORKY PIG

They're at the post. They're off!

Well actually, he's off. So far we have only one announced candidate for mayor.

I guess we are going to have to wait to find out exactly how many candidates we will have to choose from and what characteristics they bring to the contest.

Right now, those who are interested are probably trying to figure out how much money they could raise if they decide to run.

It will be interesting to see exactly how candidates position themselves in asking Edmontonians for their votes. According to our current mayor, the key characteristic for a good mayor is vision. I wonder if Edmontonians agree.

It's quite likely that when candidates talk about their visions for the city, we will hear adjectives such as sustainable, green, vibrant, revitalized and world-class.

Woe betide anyone who tries to talk about streets, sidewalks



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

and the best use of taxpayer dollars. They will be positioned as regressive candidates who want to keep our city from reaching its full potential.

But when it comes right down to it, we could probably elect Porky Pig as mayor and it wouldn't make a scintilla's difference in how our city is run.

That's because the mayor doesn't run the city. City council doesn't run the city. The civic administration actually runs the city and I have to ask myself if the administration gives two hoots what the mayor, city council or you and I actually want.

I think we have some tremendous civic employees who do what they are told to do to the best of their abilities.

However, they do not decide on the budget for road repair and snow removal. They do not decide on how to engage people about where to put bike lanes. They do not set the priorities for infrastructure maintenance and repair. They

Who really runs this town?

The mayor doesn't run the city. City council doesn't run the city. The civic administration actually runs the city and I have to ask myself if the administration gives two hoots what the mayor, city council or you and I actually want.

don't decide on bus schedules.

They just do what they are asked to do. If things don't go well in our city, it is not the fault of the rank and file.

The blame rests solely with those who direct and manage their activities.

I think that the best thing that could happen in the next election is that we elect a mayor and at least six councillors who think their primary job to set clear, measurable goals for the civic administration and then hold it to account for what it achieves.

ZOOM

Do you know if your food is kosher?



GERRY BROOME/THE ASSOCIATED PRESS

Certification makes its mark in the mainstream

Rabbi Pinchas Herman inspects machinery used for enzyme production for kosher products at Novozymes North America Inc., in Franklinton, N.C. The inspection is an

example of how the centuries-old dietary code of observant Jews is adapting to its role as a mark of quality in the global food and drinks industry.

Albany Law School professor Timothy Lytton says some consumers like knowing that someone is performing additional checks now that food is a complex global enterprise. **METRO**

Guidelines

Kosher describes foods that meet dietary laws based on the Old Testament.

- Pork and shellfish aren't allowed, but cattle and finned fish are. Blood must be drawn out of meat before it's eaten. Meat and milk can't be mixed.

Industry size

\$15.3B

U.S. sales of kosher prepared foods, meat, fish and dairy topped \$12.5 billion in 2008, according to market research firm Mintel. That was projected to grow this year to about \$15.3 billion as more and more existing products join Oreo cookies and Tootsie Rolls in becoming certified, the firm said.

Click bait



ANDREW FIFIELD
andrew.fifield@metronews.ca

I have yet to invest any money into a Kickstarter campaign, but after learning about some of the great board games that began as crowd-funded success stories, I know where I'm going to start looking. Here are three I'm keeping an eye on.

Euphoria: Build a Better Dystopia

A European-style strategy game based around resource collection and worker management that is already getting glowing advance reviews. The creators have a previous hit with Viticulture, so if you're into that game or similar ones like Catan and Cuba, this is definitely one you should check out.

Xia: Legends of a Drift System

A sandbox-style space exploration and combat game that is almost absurdly

ambitious. The cost of entry is a little steep at \$105, but the beautiful design (complete with spaceship miniatures) and play-how-you-want strategy options make jumping in on this campaign very desirable.

Scalawag!

A card game that puts you in command of a warship tasked with bluffing your way to wiping out rival players, this casual game doesn't seem nearly as intimidating as the two above. A \$20 contribution gets you a limited edition of the game, and I'm pretty tempted to chip in.

Comments

RE: Decoding Canada's Ongoing 'Skills Crisis,' published online May 25

Look up the skilled labour jobs available — businesses want three to five years experience or more. Did these businesses bother to hire and train staff when the economy was slow? Nope. Businesses are used to the baby boomers being there with all the experience at their fingertips. Nice while it lasted. Someone took a chance on the BBER's 40+ years ago, now step up and train our young

Canadians.
ve6 posted to metronews.ca

As a Generation Jones, second cohort baby boomer myself, I say this whole so-called skills shortage issue is a fallacy. Jobs were no easier to find when I was an 18-year-old so why the problem now? Most of the uneducated find it too convenient to blame the boomers for their economic ills without fully understanding the fact that skills education is the key.

catspassgas posted to metronews.ca

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Sometimes the answer to business success is a question...

metronews.ca
Monday, May 27, 2013

SCENE

09

With back-to-back pop hits Lovato is now radio ready

Fourth album, Demi. The X-Factor judge and talented songstress is making strides in mainstream pop and shaking her Disney tag

Before achieving back-to-back radio hits with Give Your Heart a Break and Heart Attack, Demi Lovato wondered why she had yet to find her breakthrough on the radio.

She knew she had a big voice, and had found success as a Disney Channel star, but something was off.

"I had a moment where I was just like, 'What am I doing wrong? I know I can sing. I know I'm talented. How is it that other artists who don't have my vocals ... (are) on the radio? What's taking so long?'" she said in a recent interview. "And I realized, 'Oh, it's hit songs. You need hit songs.'"

So, Lovato went into the studio and recorded songs crafted perfectly for Top 40 radio. Demi, her fourth album, debuted at No. 3 on the Billboard 200 albums chart this week. It features upbeat, radio-friendly dance numbers and pop ballads about love and relationships.

"We didn't want to put a song on there that was an album filler, so we don't have any songs on there that couldn't be potential singles," the 20-year-old Lovato said of Demi, which features producers and songwriters like Ryan Tedder (Adele, Beyoncé), Priscilla Re-

nea (Rihanna, Selena Gomez, Madonna), and Carl Falk, Rami Yacoub and Savan Kotecha, the trio behind hits for One Direction. (Falk and Yacoub co-produced Nicki Minaj's Starships and Kotecha co-wrote Maroon 5's One More Night and Justin Bieber's Beauty and a Beat.)

Lovato got her first real hint of radio love when Give Your Heart a Break became a hit last year as she was appearing as a judge on the Fox network's The X Factor. The song was from her 2011 album, Unbroken, released months after she left rehab for an eating disorder, self-mutilation and other issues. Though she had a Top 10 hit with Skyscraper, the first single, Give Your Heart a Break, became her breakthrough, selling 1.9 million tracks.

"It was kind of like her coming-out party as a singer," said Sharon Dastur, program director for New York City's pop radio station Z100.

Lovato quickly went into the studio to record her new album, releasing the in-your-face pop jam Heart Attack, which is platinum and has so far peaked at No. 10 on the Hot 100.

"I think there's going to be a lot of radio singles, a lot of hits," said Dastur, naming songs like Without the Love, Neon Lights and Really Don't Care as potential smashes. "And I almost think (the ballad) Warrior could be like a Grammy-nominated song. It's that powerful."

Lovato, who co-wrote most of the songs, said she looked to Kelly Clarkson as inspiration when creating the album.

"A lot of the power vocalists ... they get the respect, but they

It's a hit!

"It was kind of like her coming-out party as a singer."

Sharon Dastur, NYC radio station Z100's program director. On what Unbroken represented for Demi Lovato as an album

don't get the recognition with hit songs that they deserve to have, and a lot of pop artists are very talented, but they don't have the vocal capability to really carry on those power ballads," she said. "(Kelly) has that ability to wow you and also get the sound stuck in your head."

Lovato, who starred in the Disney Channel movie Camp Rock and the TV series Sonny With a Chance, said becoming a radio artist has been a top goal.

"All I've ever wanted was my music to be heard and for people to enjoy it," she said.

Her 2008 studio album debut, Don't Forget, achieved gold status. Her albums that followed — 2009's Here We Go Again and 2011's Unbroken — have sold 487,000 and 459,000 units, according to Nielsen SoundScan.

Lovato said releasing Unbroken was a learning process because the album didn't represent her true self.

"I had just come out of rehab ... and I was trying to figure out who I was," she said. "Sometimes I can confuse what I like listening to with what I am, and I think that's what I did on that album. I was listening to a lot of R&B stuff that



Demi Lovato doing what she does best. AP PHOTO

was on the radio and instead of creating my own style, I kind of subconsciously fell into creating someone else's album, and therefore when you hear it, it didn't make a lot of sense."

Dastur said being on The X Factor has helped Lovato step out of the Disney persona that has trapped others. Lovato, too, is thankful for what the show has done for her career.

"It doesn't hurt when

you're releasing music and you're in millions of people's homes every week — twice a week," said Lovato, who will be joined by Kelly Rowland and Paulina Rubio when the singing competition series returns in the fall. "X Factor has helped me make that transition from being the Disney pop singer ... to the mainstream world."

THE ASSOCIATED PRESS

2 SCENE

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metro

10

SCENE

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Monday, May 27, 2013

Desiree goes from heartbroken to heartbreaker

The Bachelorette. Unsuccessful Bachelor contestant returns, but this time she's firmly in the spotlight and holding all the cards

ABC's newest Bachelorette, Desiree Hartsock, says it's not hard to keep the details of her experience on the show a secret from her friends.

"Ironically, I'm kind of a private person anyway, so my friends know not to ask," she said in a recent interview.

Hartsock has some experience with the matter, although her last reality TV romance ended in heartbreak.

The 27-year-old competed for the affection of Sean Lowe on the last season of The Bachelor. She was sent home after a disastrous date where he met her family.

"I think after all the ques-

Lips are sealed

"They just let me be and I'm excited to talk about it once it's all over."

Desiree Hartsock, The Bachelorette
On her friends knowing that she will, in her own time, discuss what's happening on the show.



Hartsock was on the Bachelor before she was picked as the Bachelorette. AP PHOTO



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tions they asked last season, they got an idea that I can't talk about it and it's best that they don't ask. They just let me be and I'm excited to talk about it once it's all over," she said of the new season.

As for sharing some good news, Hartsock is also keeping that close to the vest.

"I can't give away if I'm happy or anything but this season I think is a little different because there are a lot of twists and turns. Everybody's gonna have to wait and see what happens," she said.

Hartsock marvels at how her life has changed in a short amount of time.

"It just blows my mind, to be honest," she laughed. "I wasn't even expecting to be on The Bachelor. It was more of a, 'Hey, if this works out, it works out.'"

It didn't work out with Lowe, who's engaged to Catherine Giudici, his final pick on The Bachelor. But Hartsock won over viewers with her girl-next-door looks, attitude and raw vulnerability when Lowe sent her home after meeting her family.

Although it seemed at first that her older brother was on board with the relationship, he told Lowe in a one-on-one chat that he didn't think Lowe was right for his sister.

Hartsock says there are no

hard feelings over her brother's skepticism and stresses it was "very Sean specific."

"He's my brother! He trusts me and he supports me," she said.

The drama this time comes from 25 male contestants. Hartsock says they

have "a lot of strong personalities" and she's looking forward to seeing what led up to their conflicts when she wasn't around.

The Bachelorette, hosted by Chris Harrison, premieres Monday on ABC at 8 p.m. EDT. **THE ASSOCIATED PRESS**



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Monday, May 27, 2013

DISH

11

Pop Goes the Week



**This week:
Kanye will save
you, but he
can't save the
vampire love**



STARGAZING
Malene Arpe
scene@metronews.ca

Possible reasons Kristen Stewart and Robert Pattinson broke up. 1) He didn't forgive her for the affair. 2) She was tired of getting sparkles all over the house. 3) Sometimes an awkward relationship just runs its course. 4) Katy Perry may be to blame. 5) The promotion for the last Twilight DVD is over so their contract was terminated early.

The makers of Nutella issue a cease and desist order to the founder of World Nutella Day. That makes no sense. It's as if Justin Bieber issued a cease and desist letter to the founder of World-wide Dumbass Drop-crotch Pants Appreciation Week.

Kanye West's new album will be called Yeezus. The first video from the album will feature Kanye turning water into really irritating, delusional wine with tiny, little leather kilt labels.

Covergirl announces a Hunger Games: Catching Fire collection. For, like, when you're hanging out, starving and wounded and plotting to overthrow a fascist regime and sooo need to look hot.

Andrew Garfield plays basketball with some kids in

New York while wearing his Spider-Man costume. Not to be outdone, Kanye West plays bocce with some random senior citizens while wearing a jersey made from the Shroud of Turin.

A man who installed a video camera in his kitchen to film ghosts he believed were in the house instead caught his girlfriend having sex with his son. Said the man, "Weirdly, I feel even more haunted now."

The explicit sex scenes in Lars von Trier's up-coming two-part movie, Nymphomaniac, were created by digitally combining the upper bodies of the actual actors with the, erm, lower part of porn actor body doubles. Sadly, von Trier wasn't able to combine the general attitude of the film's star, Shia Labeouf, with something less annoying.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Amanda Bynes

Bynes takes to Twitter to set record straight

After her arrest in New York last week, Amanda Bynes is looking to tell her own side of the story and has taken to her favourite communication tool, Twitter, to do so.

"Don't believe the reports about me being arrested," Bynes wrote over the weekend. "I was sexually harassed by one of the cops the night before last which is who then arrested me. He lied and said I threw a bong out the window when I opened the window for fresh air. Hilarious. He slapped my vagina. Sexual harassment. Big deal. I then called the cops on him. He

handcuffed me, which I resisted, quite unlike any of the reports stated. Then I was sent to a mental hospital. Offensive. I kept asking for my lawyer but they wouldn't let me." Bynes was arrested on charges of marijuana possession, attempted evidence tampering and reckless endangerment. She was released on her own recognizance and must return to court July 9. After being released, she also tweeted, "I only smoke tobacco, I don't drink or do drugs. I've never had a bong in my life! I need to get another nose job after seeing my mugshot."



Ashton Kutcher

Come on, Twitter, you used to be cool

Ashton Kutcher used to be really into Twitter, but now it's been ruined, he griped at a tech conference in Las Vegas, according to CNN.

"For lack of a better verb, the media came in and f—ed it up," Kutcher said. "When I first got on, it felt like the democratization of media. Now it just feels like media. The bigger vision for Twitter when Jack (Dorsey) created it was to empower communication to happen as things were taking place. Now it's just a bunch of companies and people constantly pitching crap."

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12

FAMILY

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Monday, May 27, 2013

Book Excerpt

Training don'ts



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

"Oh, just give me that. It's easier if I do it myself." Ack.

Don't ever say these words to a child (or a trainable husband) when they are mid-task.

One of the worst things we can do as managers in our own

family is to do the job ourselves instead of training the employee/child to do the job correctly. In corporate speak, this is called "dipping down" or "micromanaging." If we micromanage our kids, the end result is that a: we end up doing everything ourselves while they play video games and eat pizza and b: they don't know how to complete basic household tasks and are ultimately destined to live out their adult lives in our basement,

since they'll be too incompetent to hold down a job.

Corporate managers are expected to mentor and encourage growth. Micromanaging is the exact opposite of mentoring, and eventually even the laziest employee will start to resent her manager dipping down and doing the work she is supposed to be doing. While a child might not actively complain about Mom making his lunch when he's 15, he should. The lack of

training by Helicopter Parents today is ridiculous. Not only does it cause undue work for the parents, it prevents the child from learning to do the tasks themselves. If you are reading this section while cutting up your six-year-old's chicken, please stop. Do both of you a favour. **FROM I AM SO THE BOSS OF YOU. COPYRIGHT © 2013 KATHY BUCKWORTH. PUBLISHED BY MCCLELLAND & STEWART, A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. ALL RIGHTS RESERVED.**

Exclusively online

Why is it that babies are obsessed with all things dangerous? Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices



Tinkle time goes high-tech

Potty seats. They flush, they sing, they look like thrones to make it easier for tots and hopeful parents

For some hopeful parents, summertime is "tinkle time," as in setting toddlers diaperless while potty training. And like many aspects of life with kids, potty training means gear.

The choices in potty seats and chairs proliferated and sprouted all manner of bells and whistles.

Many convert like Transformers to serve multiple functions. One has a voice recorder to add a personal message ("Go Jacob!"). Others belt out happy tunes, have cubbies to stash wipes and books, sport their own toilet paper holders, simulate flushing, look like mini-urinals and are decked out as fancy thrones.

So who's it all for, parents or



Potty seats are being designed to entertain. THE ASSOCIATED PRESS/SAFETY 1ST

little doers trying to figure out Nos. 1 and 2? Whether you decide on "elimination communication," where infants go without diapers earlier than the

norm, take a cold-turkey boot camp approach or have a late and reluctant bloomer on your hands, chances are a cheery potty seat is in your future.

"People talk about potty training more. Before it was something you just got through, you know. You just did it," said Angie Peterson, marketing director for Levels of Discovery, a company that puts out painted wood potty thrones for up to \$83 a pop.

Heidi Murkoff, however, who wrote the pregnancy bible What to Expect When You're Expecting isn't a huge believer in busy potty chairs.

"Bells and whistles, and musical potty seats, are never necessary. Clearly babies have mastered potty proficiency for generations without them," she said. "They just make the process more fun. But the bottom line: What kind of seat you put that cute little bottom on matters far less than how ready your toddler is to start potty training."

In any case, take your tot shopping with you for a potty to build excitement, Murkoff said.

THE ASSOCIATED PRESS

Choices, choices



The Magic Garden Potty Chair. THE ASSOCIATED PRESS/TEAMSON



The Riding Potty Chair. THE ASSOCIATED PRESS/POTTY TRAINING BOYS BY POTTY SCOTTY

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Egg it on in four ways

A Classic Egg Salad Sandwich hits the spot on many occasions, but it's even better with a few added ingredients.

1. Place eggs in saucepan and fill with cold water to cover. Bring to a boil over medium high heat. Cover, remove from heat and let stand for 15 to 20 minutes. Drain and run under cold water until chilled. Refrigerate for at least 2 hours or up to 7 days.

2. Place peeled, hard cooked eggs in a bowl and using a fork or potato masher, mash eggs until finely chopped.

3. Stir in yogurt, mayonnaise,

Ingredients

- 4 eggs
- 2 tbsp (30 ml) plain non-fat yogurt
- 2 tbsp (30 ml) light mayo
- 1 tsp (5 ml) Dijon mustard
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1/4 cup (60 ml) celery, diced
- 1 green onion, chopped (optional)



This recipe makes enough for two or three sandwiches. EGG FARMERS OF ONTARIO

Dijon mustard, salt and pepper until smooth. Add celery and green onion (if using) and stir to combine.

4. Spread over your favourite bread, stuff into pita halves or scoop some onto your favourite salad greens.

Salmon Dill

Omit green onion. Add 1/4 cup (60 ml) smoked salmon, finely chopped, 1 tbsp (15 ml) fresh

dill, chopped, and 2 tsp (10 ml) capers, chopped.

Pickle Bacon

Omit celery. Add 1 small dill pickle, diced, 2 strips of bacon, cooked and chopped, and 1 tsp (5 ml) horseradish (or more if desired).

Chili Avocado

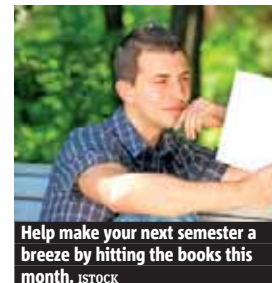
Omit celery and green onion. Add half of avocado, diced, 1 tbsp (15 ml) red onion, minced, 1/2 tsp (2 ml) chili powder. EGG FARMERS OF ONTARIO

They're at the beach, you're with the teach

Make your summer matter. Your friends might think you've gone nuts, but using this season to kickstart your studies can benefit you big-time

JULIA FURLAN

Metro World News



Help make your next semester a breeze by hitting the books this month. ISTOCK

says "they can focus all of their energy on that challenge."

Explore

For students who want to think outside their major, summer can be a great time to do it. Bilella suggests that students who didn't get into the class they were coveting, or who want to try a new elective outside of their focus of study, should think about the summer. Also, if students have a course required for their major that they didn't get to take during the year, summer sessions can fill that gap so that they can start the fall semester with their degree requirements on track.

Get on it

Bilella says the biggest mistake people make regarding summer sessions is to miss out on them until later in their academic career. "Unfortunately, freshmen don't pay attention to the summer offerings until they're juniors," he says.

mer classes that will round out their schedule and help them achieve their educational goals.

Take on a challenge

It can seem counter-intuitive, but Bilella says summer is an ideal time to tackle that tough course students may have been avoiding. "There may be one course that students are intimidated by, and the summer is an ideal time to take it," Bilella says. Because students often take fewer courses at a time in the summer months, he

Students who crack the books in the summer months reap the rewards all year round.

As the air conditioners hum and drip, the summer months in the city can be hot enough to send anyone running indoors.

Jamie Bilella, president of the North American Association of Summer Sessions — and dean at Montclair State University — says that while beating the heat, students of all types can benefit from sum-



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Funding platform drawing crowds

Throw some pennies at that project.

Crowdfunding has come into the spotlight of late, due to a certain mayor and his uncertain habits. As the money pours in to solve the videotape mystery, we take a look at some groups who made (arguably) better use of this business booster

RITA
POLIAKOV
life@metronews.ca

When Christian Catalini first started studying crowdfunding in 2008, no one seemed to care.

"For a long time, it didn't receive a lot of attention. It was developing on the fringe," said Catalini, a PhD candidate at the University of Toronto's Rotman

School of Management.

The first crowdfunding effort that caught Catalini's attention was a small organization out of Amsterdam meant to help the music industry there. Since then, crowdfunding has slowly exploded.

According to Kickstarter, more than 2.2 million people pledged more than \$319 million on the site, which funded 18,109 projects in 2012.

"The advantage of crowdfunding is it lowers the cost of capital. If you don't have a reputation, you can go online and create a profile," Catalini said.

Not all crowdfunding projects are successful, but the following were. Here's why:

Ubi

Kickstarter goal: \$36,000 Funds raised: \$229,500

Ubi, short for ubiquitous computer, is a voice-activated, portable computer that plugs into the wall and can answer questions, send emails and make phone calls.

"We wanted to do two things," said Leor Grebler, one

Did you submit? Don't sit!

Don't just assume that if you build it they will come. Crowdfunding takes a lot of work.

Ariel Garten
InteraXon Media

of Ubi's creators. "One was to see if there was a market for what we were developing and the second thing was to actually be able to raise the money to develop it."

According to Grebler, to succeed on Kickstarter, a product needs to be unique. The creators should also do their research and avoid getting cocky.

"Don't assume people are just going to back your project," Grebler said, adding that his team reached out to social media and regular media to get the word out. Also, Grebler suggests keeping the goal low, especially on Kickstarter, where the project only gets funded if it reaches its goal.

Cobra Wallet

Kickstarter goal: \$30,000. Funds raised: \$51,128.

This ultra-thin wallet was born out of a desperate search for a comfortable place to put cards and cash. Alex Kennberg, who created the project with Joshua Moore, suggests having a prototype before looking for cash.

"If people see only renderings, a lot of things can go wrong. The further you can get (to the final product), the less risk there is for backers," he said.

And, of course, make a solid video with a clear message.

Muse

Indiegogo goal: \$150,000. Funds raised: \$287,000.

Muse, made by InteraXon, is a brain-sensing headband that allows users to monitor brain activity. It could lead to controlling apps or games with our minds.

"Funding is not easy," said Ariel Garten of InteraXon.

"Don't just assume that if you build it they will come. Crowdfunding takes a lot of work," she said, adding that projects that do well are often "things that people can see using themselves."



The Muse headband invites users to see their brain in action.
SUBMITTED



The Cobra Wallet was born of a need to keep cash compact. SUBMITTED

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HEALTH-CARE WORKERS

Monday, May 27, 2013

Motivation for medicine

Do you have a desire to heal? Ask yourself these questions if you want to enter field of medicine

CHRIS EDWARDS
For Metro

Doctor, dentist, nurse, physiotherapist, chiropractor, midwife and more — the list of health-care careers available to you is long and varied. The professionals who perform these jobs are very different, but they have one thing in common — a desire to heal. If you want to be one of them,

you must have that desire, too.

To help you decide what kind of health-care professional you might want to be ask yourself some of the following questions:

What matters to you more — variation or predictability? Does the thought of a job with daily new challenges excite you or just stress you out? Does a 9-to-5 workday sound comforting or boring? Within medicine alone you will find

careers suited to any of these personality types.

Many factors motivate a student to choose medicine, says Dr. Tom Feasby, professor of neurology and past dean of the faculty of medicine at the University of Calgary.

“Certainly, the prestige that goes with being a doctor and the general respect one gets from the community positive-

ly influence choices, as do the expectations of a good income and job security. However, I think that other factors are stronger motivations, including the desire to make a difference and to help others. Some find the science appealing and others like the technical nature of some fields. I think that many others find the variety of experience and the options

available intriguing.”

Now consider your personality. Are you a people person? Are you the hands-on, physical type, or does a cerebral environment (like a lab) appeal more to you? Do you prefer working in teams, or alone? Do you like children?

Once you have answered some of these questions you can begin background research

on the fields that interest you most. Read up on medical schools, colleges, government ministries and professional associations online. Approach your teachers, professors, or guidance counsellors for their perspectives. And, above all, make sure to speak to the men and women who work in these fields. There is no substitute for their experience.



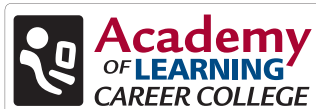
Health-care professionals who perform these jobs are very different, but they have one thing in common — a desire to heal. ISTOCKPHOTO/THINKSTOCK

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Memorable profession. Job diversity can be rewarding

Choose a career in health care and you can do a lot of good for other people. But it will do just as much good for you.

Health-care professionals enjoy a lot of flexibility — some have the freedom to work limited schedules in communities large or small. They are well-respected and well-compensated for the work they do. And their jobs are often memorable.

“In my line of work you meet new people all the time,” says Dr. Sacha Bhatia, a cardiologist at Women’s College Hospital in Toronto. “Not only do you get to help them, you get to hear their stories. You learn from them. No two days are the same.”

Health-care professionals can learn from their colleagues, too.

Jill Fediurek is manager, immunization, at Public Health Ontario. She has also worked as a nurse educator and manager, and provided direct patient care.

“The diversity within nursing is extremely rewarding,” she says. “It promotes lifelong learning.”



Health-care professionals, such as physiotherapists, can count on stable careers. JUPITERIMAGES/CREATAS/THINKSTOCK

Kinny Quan, a registered physiotherapist, enjoys helping others find their way, whether they are patients or younger colleagues.

“I have the opportunity to teach physiotherapy students, which is very rewarding,” she says. “And it keeps me grounded.”

Perhaps most importantly, health-care professionals can

count on stable careers supported by professional associations with their best interests in mind.

It’s a good feeling, says Bhatia.

“When you don’t have to worry as much about job security you can focus your attention where it matters most — on the patient in front of you.” CHRIS EDWARDS

Shift work can play havoc with sleep

PETER
MCKINNON
For Metro

Society runs around the clock, requiring some people to work while others sleep. By some estimates, up to 30 per cent of Canadians employed full time regularly work hours outside the normal range of 7 a.m. to 6 p.m. Today, it's not only doctors, nurses and emergency-response personnel who must burn the midnight oil, but also workers in call centres, gyms and casinos.

Without appropriate precautions, however, shift work can be unhealthy, according to Dr. Joti Samra, a clinical psychologist and researcher in Yaletown (Vancouver).

"Many suffer from shift work sleep disorder, a clinically recognized condition that results in chronic insomnia or fatigue" Samra says. "This can lead to a host of nasty illnesses, from cardiovascular disease and hypertension, to gastrointestinal disorders and even some forms of cancer."

According to Samra, three



Shift work sleep disorder can be unhealthy. HEMERA/THINKSTOCK

interrelated factors can make shift work unhealthy:

Disruption of the body's natural 24-hour clock: Many

of the body's functions — from digestion to body temperature, blood pressure and pulse — are regulated by our

so-called body clock.

Adoption or worsening of unhealthy behaviours: Research indicates that shift

Sleep tips for shift workers

- Stick to a pattern — go to bed and wake up at around the same time each day (even on weekends).
- Go to sleep in the dark and wake up to the light (i.e., open the blinds or go outside with your coffee).
- Limit your napping (especially if you have trouble falling asleep when you are ready for bed).
- Expose yourself to outside light (i.e., open blinds) upon waking.
- No caffeine within five hours of bedtime.
- No nicotine or exercise within three hours of bedtime.
- Don't drink alcohol. Even one drink can interfere with the quality and restorative value of sleep.
- Restrict your bed to only two activities — sleep and sex. No television, computer, snacks or phone calls.
- Create a consistent and relaxing bedtime routine — make a clear distinction between daytime (alert) activities and bedtime (relaxing) activities.

workers are more likely than others to smoke, drink heavily, eat poorly and have body-weight issues.

Physiological stress: An interruption in sleep stimulates the body to release hormones that can lead to increased feelings of anxiety, depres-

sion, irritability and apathy, and decreased levels of concentration and focus. Some research suggests that long-term shift work can cause shrinkage in the two glands (amygdala and hippocampus) that control focus, concentration, morals and values.

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The Mooseheads' Nathan MacKinnon hoists the Memorial Cup after his team defeated the Winterhawks in the final on Sunday. LIAM RICHARDS/THE CANADIAN PRESS

Mooseheads claim CHL's ultimate prize

Memorial Cup. Young star MacKinnon keys offence with hat trick to give Halifax its first-ever national title

Nathan MacKinnon had three goals and two assists Sunday as the Halifax Mooseheads defeated the Portland Winterhawks 6-4 to win the MasterCard Memorial Cup.

MacKinnon's performance earned him the Stafford Smythe Memorial trophy as

Memorial Cup final	
6	4
Mooseheads	Winterhawks

the tournament's most valuable player. He led the event with seven goals.

Fellow top prospect Jonathan Drouin assisted on five goals for the Quebec Major Junior Hockey League champions, who captured their first

Canadian Hockey League title.

Konrad Abeltshauser added two goals and an assist, while Martin Frk had a goal and two assists for Halifax, which got 40 saves from Zachary Fucal as a team from the QMJHL won the Memorial Cup for the third-straight year.

Ty Rattie had a goal and three assists while Nicolas Petan added a goal and two assists for the Winterhawks. Seth Jones and Brendan Leipsic scored for Portland, while Mac Carruth made 35 stops for the Western Hockey League champions.

"It's pretty cool," said

MacKinnon. "The feeling would be the same whether I had one point, no points or five points tonight."

MacKinnon hails from the town of Cole Harbour, N.S., which few Canadians had heard of before the meteoric rise of superstar Sidney Crosby. But MacKinnon says there really is no comparison.

"He's in a class of his own for sure," said MacKinnon. "He's the best in the world."

"He was just always competing hard, and just loved the game," said Nathan's father Graham MacKinnon

THE CANADIAN PRESS

NHL playoffs. Sharks put shackles on Kings' offence



Kings goalie Jonathan Quick lets in Game 6's first goal off the stick of Sharks centre Joe Thornton at 6:09 of the first period. TONY AVELAR/THE ASSOCIATED PRESS

Joe Thornton got San Jose off to a fast start with a power-play goal in the first period and TJ Galiardi added a goal in the second to help the Sharks force a decisive seventh game with a 2-1 victory over the Los Angeles Kings on Sunday night.

Antti Niemi made 24 saves as the Sharks matched L.A.'s three home wins in the series. San Jose won all three games by 2-1 scores.

Game 7 is Tuesday night in Los Angeles. While the Kings seemingly have the advantage

of home ice, road teams in NHL history are 8-8 in seventh games of series where the home team has won the first six games, according to STATS LLC.

Dustin Brown scored the lone goal for Los Angeles and Jonathan Quick made 24 saves. The Kings have lost 11 of 12 road games but have been unbeatable at home, winning all six playoff games and 13 straight at Staples Center since the end of the regular season.

THE ASSOCIATED PRESS

NBA playoffs

Heat pull ahead in Eastern final

LeBron James scored 22 points and the Miami Heat rediscovered their offensive punch, routing the Indiana Pacers 114-96 on Sunday night to take a 2-1 lead in the Eastern Conference final.

James got plenty of help as the Heat reclaimed the home-court advantage they lost two nights earlier. Dwyane Wade had 18 points, and Udonis Haslem added 17.

David West led Indiana with 21 points and Roy Hibbert had 20 points and 17 rebounds as the Pacers lost for the first time at home in the playoffs this season.

THE ASSOCIATED PRESS

IndyCar

Kanaan has his day at Indianapolis Speedway

The hard-luck loser no more, Tony Kanaan finally won the Indianapolis 500 Sunday — with a bit of luck, at that.

In the mix all day during a record 68 lead changes, Kanaan dipped inside IndyCar champion Ryan Hunter-Reay on a restart with three laps to go.

From there, he cruised to Victory Lane under the yellow caution flag, flipping up his visor to wipe tears from his eyes as the crowd roared. Kanaan had his fair share of chances to win the Indy 500 in the past, but came up short time and time again.

THE ASSOCIATED PRESS

Golf

Weekley strong on final day at Colonial

Boo Weekley made three consecutive birdies in the middle of his round to take the lead at Colonial, and finished with a 4-under 66 on Sunday for his first PGA Tour victory in five years.

Weekley never trailed after those birdies on Nos. 8-10, which came about the same time Scott Stallings made double bogey at No. 15 to drop out of the lead.

Weekley finished at 14-under 266.

Graham DeLaet (74) of Weyburn tied for 22nd at 6-under par.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

Don't waste time on petty arguments today, or at any stage throughout the coming week. What other people say and do is completely irrelevant to what you have got planned.

Taurus

April 21 - May 21

It would appear that some of the people you now have to deal with are more interested in having a good time than discussing important issues. That's their choice to make – but you can choose to get new partners too.

Gemini

May 22 - June 21

It may be your time of year and most things may be going right for you but don't let your guard down. Saturn suggests a rival is angling for ways to make themselves look good at your expense.

Cancer

June 22 - July 23

If you make a blunder of some sort today you must own up to it immediately. There are far more important things you will need to worry about later in the week.

Leo

July 24 - Aug. 23

For some reason you appear to believe that others are out to get you. Why should that be? You're such a likeable Leo! Rest assured it's not in the least bit true.

Virgo

Aug. 24 - Sept. 23

Different people see things in different ways and if you keep that thought in mind today you won't go far wrong. There is really no need to get worked up about petty differences.

Libra

Sept. 24 - Oct. 23

Don't get disheartened if you have fallen behind in your work schedule. There is still plenty of time to get done what has to be done and panicking won't make it easier.

Scorpio

Oct. 24 - Nov. 22

Try to get friendly with someone you think of as a rival, maybe even an enemy. It could well be that they are not nearly as nasty as you think they are.

Sagittarius

Nov. 23 - Dec. 21

You know how to say the right thing at the right time and today you can charm the birds from the trees. One person in particular will be so enthralled that an offer is likely to follow.

Capricorn

Dec. 22 - Jan. 20

Let your hair down a little today. You may have important tasks to complete but you know they can wait. Nothing is so important that it cannot be put off until tomorrow – though tomorrow they MUST get done.

Aquarius

Jan. 21 - Feb. 19

Any ideas or insights you get over the next 24 hours are likely to be important, so don't dismiss them as wild imaginings. What you think about in the present is what you will be doing in the future.

Pisces

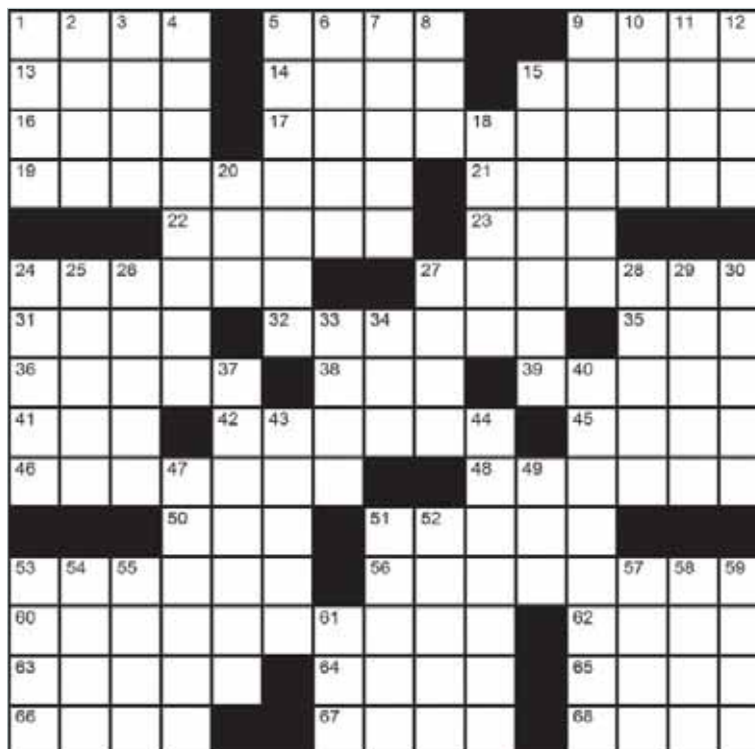
Feb. 20 - March 20

Identify your priorities and focus on them to the exclusion of everything else. The more others try to tempt you to do something else the more you must resist. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Pulled tightly
5. Becomes beyond betrothed
9. "___ It": 1980 hit for Devo
13. Shoe prop, ___ support
14. Water blue
15. Ms. Davis of TV/ movies
16. Dorothy of Oz's surname
17. Corey Hart hit: "___ at Night"
19. Federal info gathering/producing agcy.
21. "Hmmm... let me mull it over.": 2 wds.
22. Young horses
23. Wheat: French
24. Popular 1960s record label
27. Julia Louis-___ of "Seinfeld"
31. Addict
32. Come into sight
35. Ms. Gasteyer of ABC comedy "Suburgatory"
36. Preps for painting, as a chair
38. Tree type
39. Fabric measurements
41. Nickname of a President
42. ___ Brook, Newfoundland
45. Does well, as on an exam
46. CRT = ___ ray tube
48. Solar System model



50. Be in debt
51. Steer clear
53. Pleasant promenade
56. Taking away
60. Canadian magazine since 1928
62. Shakespeare, The Bard of ___
63. Paddled

64. Get wind of
65. Proportionately, Pro ___
66. Bound
67. Shakespeare's ___ Well That Ends Well
68. Acknowledged

Down

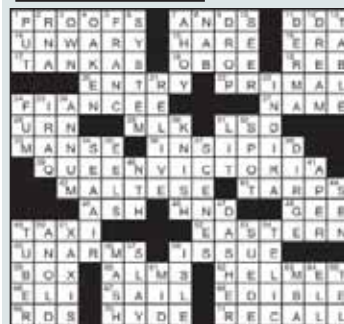
1. Labels

2. Smell ___ (Be suspicious)
3. Calif. campus
4. ___ Mines, Quebec
5. Regina's ___ Creek
6. Peer
7. Big name in Canadian smoked meat
8. Wilt
9. Actor Mr. Snipes

BY KELLY ANN BUCHANAN

10. Hamilton's ___ Village
11. Bellybutton type
12. Matador maneuver
15. National ___ of Canada (Art attraction in Ottawa)
18. The Balance
20. Scatter seed
24. Madonna song
25. City of Honshu in Japan
26. Principle
27. Dog's playful move
28. Zany comedy
29. Anesthetized
30. Cheeky
33. Non-___ clogging, as some makeup
34. Tin ___ Alley
37. Glowered
40. Termite-muncher
43. Nancy of "Entertainment Tonight"
44. Boarding house tenants
47. Communicated, owl-style
49. ___ de Janeiro
51. Spirit in Shakespeare's The Tempest
52. Corruptible
53. Ewan McGregor, for one
54. Noodle dish, Pad ___
55. Uncommon
57. Canadian filmmaker Mr. Reitman
58. Memo
59. Eat away at
61. '80s band from Norway

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: 22°
MIN: 9°

TUESDAY



MAX: 23°
MIN: 11°

WEDNESDAY



MAX: 22°
MIN: 13°



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CLEAROUT: \$17,598

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NEW 2013 DODGE RAM 1500

Reg: \$29,664 Discount: \$9,274

CLEAROUT: \$19,990

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#7094

NEW 2013 DODGE GRAND CARAVAN

Reg: \$30,319 Discount: \$9,421

CLEAROUT: \$20,898

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#6945

NEW 2013 RAM 1500 LONGHORN CREW 4X4

Reg: \$60,699 Discount: \$16,709

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#2754

NEW 2013 DODGE JOURNEY

Reg: \$23,669 Discount: \$2,971

CLEAROUT: \$20,698

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#8401

NEW 2012 Ram 2500 Crew SXT 4x4

Reg: \$48,389 Discount: \$14,399

CLEAROUT: \$33,990

OWN ME \$199 B/W



#6642

NEW CHRYSLER 300 TOURING

Reg: \$40,565 Discount: \$10,575

CLEAROUT: \$29,990

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#3352

NEW RAM 2500 LONGHORN 4x4 CREW CUMMINS

Reg: \$77,924 Discount: \$21,344

CLEAROUT: \$55,990

OWN ME \$327 B/W



#6722

NEW 2013 JEEP PATRIOT

Reg: \$20,339 Discount: \$4,349

CLEAROUT: \$15,990

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#5345

NEW RAM 3500 SXT CUMMINS 4X4 CREW

Reg: \$61,284 Discount: \$18,294

CLEAROUT: \$42,990

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#5907

NEW 2013 JEEP GRAND CHEROKEE LAREDO 4X4

Reg: \$40,814 Discount: \$5,824

CLEAROUT: \$34,990

OWN ME \$204 B/W



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NEW 2012 DODGE RAM 3500 LARAMIE CREW CUMMINS 4x4

Reg: \$74,219 Discount: \$19,229

CLEAROUT: \$54,990

OWN ME \$322 B/W



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